

# Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

July 2013

## Apple Bean Bake

## Fruit Pizza

## Confetti Coleslaw

## Chicken & Gravy Pouch Potatoes

## Mexican Pork Chops



### Breastfeeding:

#### Why breastfeed?

*"Breastfeeding is the healthiest thing I can give my baby. I have fed all of my babies breast milk and I will never do it any other way. It is all natural!"*

~ Chanelle from Turtle Mountain WIC



For more information about breastfeeding, check out our breastfeeding website at [www.ndhealth.gov/breastfeeding](http://www.ndhealth.gov/breastfeeding).

### Apple Bean Bake

1 can (15-16 ounces) pork and beans  
2 small Golden Delicious apples, cored and cubed  
2 tablespoons brown sugar  
¼ teaspoon cinnamon

1. Combine all ingredients in a 1- or 2-quart saucepan.
2. Simmer until the apples are tender and rise to the surface. Stir occasionally.

**Nutrition Note:** This recipe makes 6 servings. Each serving has 100 calories, 1 gram of fat and 20 grams of carbohydrates.



### Tips for Raising Healthy Eaters

**Eat Snacks:** Regularly scheduled healthy snacks are like "mini-meals." Snacks can provide up to a quarter of the nutrients children need each day as well as enough calories to sustain them between meals.

Adapted from the Dairy Council of California

### Fruit Pizza

**Crust:** 1 package (16.5 ounces) refrigerated sugar cookie dough  
**Filling:** 1 package (8 ounces) fat-free or light cream cheese  
½ cup sugar  
1 teaspoon vanilla

Fresh fruit - whatever kind your family likes, washed and cut up

**Glaze:** ½ cup sugar  
2 tablespoons cornstarch  
¼ cup lemon juice  
½ cup orange juice  
¼ cup water  
Or use 1 pint strawberry glaze

1. Spread the cookie dough on a pizza pan and bake according to the package directions.
2. In a small bowl combine cream cheese, sugar and vanilla. Mix well. Spread cream cheese mixture on the cooled crust.
3. Top with a variety of fruits your family likes.
4. Make the glaze by mixing the sugar and cornstarch in a saucepan. Add lemon juice, orange juice and water. Cook, stirring constantly, until thick and clear. Pour over fruit. If you are using strawberry glaze from the store, spread it over the fruit.
5. Chill in the refrigerator.

**Nutrition Note:** This recipe makes 12 servings. Each serving has 300 calories, 9 grams of fat and 52 grams of carbohydrates.

### Confetti Coleslaw

1 pound shredded cabbage  
½ to ¾ cup fresh yellow and/or red pepper, diced to ¼ inch  
¼ teaspoon salt  
⅛ teaspoon black pepper  
1 cup light salad dressing or light mayonnaise  
⅓ cup raspberry vinaigrette dressing  
½ to ¾ tablespoon white sugar (to taste)

1. In a large bowl, combine cabbage, peppers, salt and pepper.
2. In a separate bowl, mix salad dressing, vinaigrette dressing and sugar together until smooth.
3. Add dressing to cabbage and peppers. Mix well.

**Nutrition Note:** This recipe makes 10 servings. Each serving has 100 calories, 7 grams of fat and 8 grams of carbohydrates.

### Chicken & Gravy Pouch Potatoes

4 medium potatoes, sliced ¼ inch thick  
4 boneless, skinless chicken breasts, cut into ½-inch thick slices  
1 jar (12 ounces) prepared chicken gravy or leftover chicken gravy  
2 cups frozen peas  
½ medium red pepper, cut into strips  
2 teaspoons dried thyme leaves  
1 teaspoon pepper  
2 teaspoons salt (optional)

1. Heat oven to 450 degrees.
2. In a large bowl, mix all ingredients together and divide among four 12-inch square pieces of heavy-duty aluminum foil (about 1½ cups on each sheet). Place mixture on right half of square.
3. To seal each pouch, fold left side of foil over mixture. Fold in each edge twice. Be sure the top and the bottom are the same, leaving some room for the heat to circulate in the pouch.
4. Place on a baking sheet and bake for 35 minutes.
5. Open with a scissors by cutting an X in the top of each pouch; pull back the points. Be careful of the steam.

Note: This recipe can also be cooked on the upper rack of the grill on medium heat.

**Nutrition Note:** This recipe makes 6 servings. Each serving has 290 calories, 6 grams of fat and 35 grams of carbohydrates.

## Turn Off the TV

Create a parade! Dress up kids, adults and pets. Decorate wagons, tricycles, bikes and strollers. Walk around your yard, neighborhood or town.

### Mexican Pork Chops

4 boneless pork chops, about ½ inch thick  
1 teaspoon chili powder  
1 cup chunky salsa  
1 package (12 ounces) frozen corn  
½ cup chopped green pepper



1. Preheat grill.
2. Center one pork chop on a large piece of heavy-duty aluminum foil. Sprinkle chops with chili powder.
3. Spread ¼ cup of the salsa over each chop, then top with some of the corn and green pepper.
4. Wrap each pork chop in aluminum foil to form a packet. Repeat with the other three pork chops.
5. Grill packets over medium-high heat, covered, for 16 to 18 minutes. Carefully open and serve.

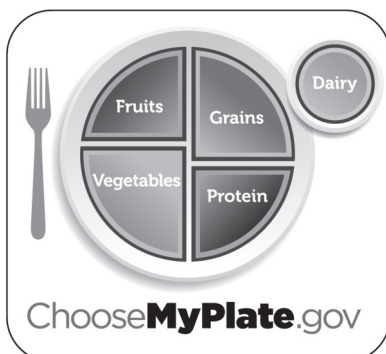
Note: This recipe can also be cooked in the oven at 350 degrees for 30 minutes.

**Nutrition Note:** This recipe makes 4 servings. Each serving has 389 calories, 21 grams of fat and 21 grams of carbohydrates.



The *Pick-WIC Paper* is developed for the Special Supplemental Nutrition Program for Women, Infants & Children  
ND Department of Health - Division of Nutrition & Physical Activity  
600 E. Boulevard Avenue., Dept. 301 - Bismarck, N.D. 58505-0200  
800.472.2286, option 1

## GROWING HAPPY FAMILIES



### Enjoy each other while enjoying family meals.

Keep meal time relaxed to nourish the body and help your family make stronger connections. Let your little ones select which foods to put on their plates and how much to eat from the healthy choices you provide.